



+

**MEDICAL  
DIRECTORY  
OF WNC  
2024**

AN ADVERTISING SUPPLEMENT OF COMMUNITY NEWSPAPERS, INC.





## SPECIALIZING IN OTOLARYNGOLOGY

- Disorders of the Ears, Nose & Throat
- Sinus Pain and Pressure
- In-Office Balloon Sinus Dilation
- Allergy Testing and Treatment
- Head & Neck Surgery
- Thyroid Disorders
- Audiology



John E. Buenting, MD



Shawn D. Kosnik, DO



Robin Pope, PhD, PA



Paige Snow Brinke, MS, PA-C



Kristen Brooks, PA-C



Find us on **facebook**

Four Locations to Better Serve You

[www.mountainent.com](http://www.mountainent.com)

38 The Village Overlook • Sylva, NC 28779 • (828) 586-7474  
 166 Holly Springs Park Dr • Franklin, NC 28734 • (828) 524-5599  
 4451 East US Highway 64 Alt. • Murphy, NC 28906 • (828) 835-1014  
 91 Westridge Market Place • Candler, NC 28715 • (828) 458-8100



# SALYER HEARING CENTER, PLLC

Affiliated with Mountain Ear, Nose & Throat Associates, P.A.

*Setting the Regional Gold Standard in Hearing Services and Patient Care for 30 Years*

Diagnostic Testing for Hearing Loss  
 Professional Hearing Aid Sales  
 Gold-Standard Hearing Aid Fittings,  
 Repairs and Service

**SALYERHEARINGCENTER.COM**

Four Locations to Better Serve You



ASSOCIATES, P.A.

**FRANKLIN, NC**  
**SYLVA, NC**  
**MURPHY, NC**  
**CANDLER, NC**

166 HOLLY SPRINGS PARK DRIVE  
 38 THE VILLAGE OVERLOOK  
 4451 EAST US HIGHWAY 64 ALT.  
 91 WESTRIDGE MARKET PLACE

(828)524-5599  
 (828)586-7474  
 (828)835-1014  
 (828)458-8100

### Doctors of Audiology



Nina Thomas, Au.D.



Selena Rogers, Au.D.



John Smith, Au.D.

### Hearing Instrument Specialist



Emily Ann Peacock, HIS



# TABLE OF CONTENTS

|                        |       |                         |       |                           |       |
|------------------------|-------|-------------------------|-------|---------------------------|-------|
| Specialty Descriptions | 3-4   | Gynecology & Obstetrics | 14-16 | Physical Therapy          | 24    |
| Medical Abbreviations  | 4     | Internal Medicine       | 16    | Psychology                | 25    |
| Audiology              | 5     | Oncology - Medical      | 16-20 | Occupational Therapy      | 25-26 |
| Cardiology             | 5     | Optometry/Ophthalmology | 20-21 | Speech Pathology          | 26    |
| Dentistry              | 5     | Orthopaedics            | 21-22 | Hospice & Palliative Care | 26    |
| Dermatology            | 6     | Otolaryngology          | 22-24 | Short - Long Term Care    | 26    |
| Emergency Medicine     | 8     | Pain Medicine           | 24    | Medical Insurance         | 26    |
| Family Medicine        | 8-13  | Pediatric Care          | 24    | Medical Services          | 26    |
| Gastroenterology       | 13-14 | Surgery-General         | 24    | Services                  | 26    |

## SPECIALTY DESCRIPTIONS

### AUDIOLOGY

Audiology is the branch of science that studies hearing, balance, and related disorders.

### CARDIOLOGY

Cardiologists deal with disorders of the heart and blood vessels. The field is commonly divided in the branches of congenital heart defects, coronary artery disease, heart failure, valvular heart disease and electrophysiology.

### DENTISTRY

Dentistry is the art and science of prevention, diagnosis, and treatment of conditions, diseases, and disorders of the oral cavity, the maxillofacial region, and its associated structures.

### DERMATOLOGY

A dermatologist is trained to diagnose and treat pediatric and adult patients with benign and malignant disorders of the skin, mouth, external genitalia, hair and nails, as well as a number of sexually transmitted diseases.

### EMERGENCY MEDICINE

An emergency physician focuses on the immediate decision making and action necessary to prevent death or any further disability both in the pre-hospital setting by directing emergency medical technicians and in the emergency department.

### FAMILY MEDICINE / PRIMARY CARE

A family physician is concerned with the total health care of the individual and the family and is trained to diagnose and treat a wide variety of ailments in patients of all ages. The family physician receives a broad range of training that includes internal medicine, pediatrics, obstetrics and gynecology, psychiatry and geriatrics.

### GASTROENTEROLOGY

Gastroenterology is the branch of medicine whereby the digestive system and its disorders are studied. Diseases affecting the gastrointestinal tract, which includes the

organs from mouth to anus, along the alimentary canal, are the focus of this specialty.

### GENERAL SURGERY

A general surgeon has expertise related to the diagnosis; preoperative, operative, and postoperative management; and management of complications of surgical conditions.

### HOSPICE

Hospice is specialized type of care for those facing a life-limiting illness. Hospice nurses work with terminally ill or dying patients to help ensure their comfort and quality of their remaining days.

### INTERNAL MEDICINE

A internist provides long-term, comprehensive care in the office and the hospital, managing both common and complex illness of adolescents, adults and the elderly. Internists are trained in the diagnosis and treatment of cancer, infections and diseases affecting the heart, blood, kidneys, joints and digestive, respiratory and vascular systems.

### OBSTETRICS & GYNECOLOGY

An obstetrician/gynecologist possesses special knowledge, skills and professional capability in the medical and surgical care of the female reproductive system and associated disorders.

### ONCOLOGY

Oncologists study cancers and seek to understand their development, diagnosis, treatment, and prevention.

### OPHTHALMOLOGY

An ophthalmologist provides comprehensive eye and vision care. They are medically trained to diagnose, monitor, and medically or surgically treat all ocular and visual disorders.

### OPTOMETRY

Optometry is concerned with examination, diagnosis,

and treatment of the eyes and related structures and with determination and correction of vision problems using lenses and other optical aids.

### ORTHOAEDICS

Orthopaedic surgery or orthopedics is the branch of surgery concerned with acute, chronic, traumatic, and overuse injuries and other disorders of the musculoskeletal system.

### OTOLARYNGOLOGY

An otolaryngologist provides medical and surgical care for patients with disorders that affect the ears, nose, throat, the respiratory and related structures of the head and neck.

### PEDIATRIC CARE

A pediatrician deals with the physical, emotional, and social health of children from birth to young adulthood.

### PHYSICAL THERAPY

Physical Therapists are health care professionals who help individuals maintain, restore and improve function, thereby enabling optimal performance and enhancing health, well-being, and quality of life.

### PSYCHOLOGY

Psychology is the scientific study of the human mind and its functions, especially those affecting behavior in a given context.

### OCCUPATIONAL THERAPY

Occupational therapy is a form of therapy for those recuperating from physical or mental illness that encourages rehabilitation through the performance of activities required in daily life.

### SPEECH PATHOLOGY

Speech Pathologists work to prevent, assess, diagnose, and treat speech, language, social communication, cognitive-communication, and swallowing disorders in children and adults.

The WNC Medical Directory is an advertising supplement published annually by:

**COMMUNITY NEWSPAPERS INC.**



To advertise in Community Newspaper publications contact your area representative at one of the following locations:

**The Franklin Press**

828-524-2010

**SMOKY MOUNTAIN TIMES**

828-488-2189

**The Highlander**

828-526-4114

**THE SYLVA HERALD**

828-586-2611



# MEDICAL ABBREVIATIONS

|       |   |       |   |
|-------|---|-------|---|
| ABC   | American Board Certification                              | FNP   | Family Nurse Practitioner               |
| ABS   | American Board of Surgeons                                | FNP-C | Family Nurse Practitioner Certified     |
| APTA  | American Physical Therapy Association                     | ICR   | International Council of Reflexologists |
| ARCB  | American Reflexology Certification Board                  | LCSW  | Licensed Clinical Social Worker         |
| AuD   | Doctor of Audiology                                       | LMBT  | Licensed Massage and Bodywork Therapist |
| BOC   | Board of Orthodontists/Prosthetists Certification         | LMFT  | Licensed Marriage and Family Therapist  |
| BSN   | Bachelor of Science - Nursing                             | LNMT  | Licensed Neuromuscular Therapist        |
| CCAS  | Certified Clinical Addictions Specialist                  | LPC   | Licensed Professional Counselor         |
| CCC-A | Certificate of Clinical Competency in Audiology           | MD    | Doctor of Medicine                      |
| CCS   | Certified Clinical Supervisor                             | MHS   | Master of Health Science                |
| CCSP  | Certified Chiropractic Sports Physician                   | MN    | Master of Nursing                       |
| CHt   | Certified Hypnotherapist                                  | MPH   | Master of Public Health                 |
| COMPT | Certified Orthopedic Manual Physical Therapist            | MPT   | Master of Physical Therapy              |
| CR    | Certified Reflexologist                                   | MRI   | Magnetic Resonance Imaging              |
| CT    | Computerized Tomography                                   | MSN   | Master of Science in Nursing            |
| DAACP | Diplomate American Association of Chiropractic Pediatrics | NCRA  | North Carolina Reflexology Association  |
| DACBN | Diplomate American Clinical Board of Nutrition            | NP    | Nurse Practitioner                      |
| DDS   | Doctor of Dental Surgery                                  | OD    | Doctor of Optometry                     |
| DMD   | Doctor of Dental Medicine                                 | OGNP  | Ob/Gyn Nurse Practitioner               |
| DND   | Doctor of Nursing Practice                                | PA    | Physician Assistant                     |
| DO    | Doctor of Osteopathic Medicine                            | PA-C  | Physician Assistant Certified           |
| DPM   | Doctor of Podiatric Medicine                              | PNP-C | Pediatric Nurse Practitioner Certified  |
| DPT   | Doctor of Physical Therapy                                | PT    | Physical Therapist                      |
| FAAOS | Fellow American Academy of Orthopedic Surgeons            | RAA   | Reflexology Association of America      |
| FACC  | Fellow American College of Cardiology                     | RN    | Registered Nurse                        |
| FACOG | Fellow American College of Ob/Gyn                         | RN-C  | Registered Nurse Certification          |
| FACS  | Fellow American College of Surgeons                       | RPh   | Registered Pharmacist                   |



## The Choice for Compassionate, Comprehensive, Cutting-Edge Cancer Care

At **Messino Cancer Centers**, we deliver the most advanced and innovative treatments focused on each patient for the best possible outcome—*because each cancer journey is unique.*

10 One Center Court, Franklin, NC 28734  
**(828) 212-7023**

186 Medical Park Loop, Suite 501, Sylva, NC 28779  
**(828) 212-7026**

Also serving patients in Asheville.

**MessinoCancerCenters.com**



Trevor Austin, MD



Christopher Chay, MD



Eric Luk, MD



Emily Miller, MD



Mohan Thakuri, MD



Sean Warsch, MD



Caroline Brown, AGNP-C



Ginger Davis, FNP-C



Sherrie A. LaLande, MSN, AOCNP, AGNP-C



Kristen Lowery, PA-C



Katie Perdoni, FNP-C



Judy Phillips, DNP, FNP-BC, AOCN, CCRN



## AUDIOLOGY



### Selena J. Rogers, Au.D.

*Salyer Hearing Center, PLLC*  
38 The Village Overlook • Sylva, NC  
828-586-7474  
166 Holly Springs Park Dr. • Franklin, NC  
828-524-5599

Education: Salus University, Elkins Park, PA  
Certification: American Speech-Language-Hearing Association, American Academy of Audiology



### John R. Smith, Au.D.

*Salyer Hearing Center, PLLC*  
38 The Village Overlook • Sylva, NC  
828-586-7474  
166 Holly Springs Park Dr. • Franklin, NC  
828-524-5599

Education: Salus University, Elkins Park, PA  
Certification: American Speech-Language-Hearing Association, American Academy of Audiology



### Nina M. Thomas, Au.D.

*Salyer Hearing Center, PLLC*  
38 The Village Overlook • Sylva, NC  
828-586-7474

Education: University of Tennessee, Knoxville, TN  
Certification: American Speech-Language-Hearing Association, American Academy of Audiology



### Emily Ann Peacock, HIS

*Hearing Instrument Specialist*  
*Salyer Hearing Center, PLLC*  
4451 E. US Hwy. 64 Alt • Murphy, NC  
828-835-1014

Education: Western Carolina University  
Certification: North Carolina Hearing Aid Dealers and

Fitters Board

## CARDIOLOGY



### William W. Wharton, MD

*Asheville Cardiology Associates – Highlands*  
209 Hospital Dr. • Highlands, NC  
828-225-4675

Medical School: University of Virginia School of Medicine  
Residency: Letterman Army Medical Center  
Fellowship: Duke University Medical Center

Certification: American Board of Internal Medicine-Cardiovascular Disease  
Hospital Affiliation: Highlands-Cashiers



### Michelle Williamson, NP

*Asheville Cardiology Associates – Franklin*  
55 Medical Park Dr., Ste 114 • Franklin, NC  
828-349-6611

Hospital Affiliation: Angel Medical Center

## DENTISTRY



### Nathan L. Brenner, DMD, PA

*Franklin Family Dentistry*  
443 Harrison Ave. • Franklin, NC  
828-524-2162

Dental School: University of Alabama at Birmingham, School of Dentistry, Birmingham, AL  
Certification: American Dental Association; Academy of General Dentistry; North Carolina Dental Association: 1st District Dental Society



### Divina C. Chang, DDS

*Macon County Public Health*  
1830 Lakeside Dr. • Franklin, NC  
828-349-2513

Dental School: The New York University of College of Dentistry  
Certification: American Dental Association; North Carolina Dental Society



### Christopher T. Dyer, DMD

*Highlands Dental Care*  
479 South St. • Highlands, NC  
828-526-3513

Dental School: University of Alabama School of Dentistry, Birmingham, AL  
Associations: American Academy of General Dentistry, American Dental Association, North Carolina Dental Society, NC First District Dental Society

CASHIERS FAMILY  
**DENTAL.COM**  
828.743.5560



**Timothy Spilliards, DMD**

ASSOCIATE FELLOW,  
AMERICAN  
ACADEMY OF IMPLANT  
DENTISTRY

**Exams & Cleanings**

**Root Canals**

**Implant Dentistry**

**Dentures**

**Crowns & Bridges**

---

**342 HWY 64W, CASHIERS**  
**828.743.5560**

[www.cashiersfamilydental.com](http://www.cashiersfamilydental.com)



**Thomas C. Jones, DDS**

*Highlands Dental Care*  
479 South St. • Highlands, NC  
828-526-3513

Dental School: Ohio State University College of Dentistry, Columbus, OH  
Associations: American Dental Association, North Carolina Dental Society, NC First District Dental Society



**Timothy Spilliards, DMD**

*Cashiers Family Dental*  
342 Hwy. 64 West • Cashiers, NC  
828-743-5560

Dental School: The Medical College of Georgia, Augusta, GA  
Residency: Advanced Education in General Dentistry, Fort Carson, CO

Certification: American Academy of Implant Dentistry, Associate Fellow; American Dental Association; North Carolina Dental Society; Western North Carolina Dental Society

*Regular dental appointments are important for maintaining good oral health. Dentists can detect issues early before they become serious, provide necessary cleanings, and give advice on proper oral hygiene practices.*

**DERMATOLOGY**



**Paul S. Cabiran, MD, FAAD**

*Highlands Dermatology*  
5526 Cashiers Rd. • Highlands, NC  
888-565-8828

118 Holly Springs Park Dr. • Franklin, NC  
Medical School: Louisiana State University Medical School, New Orleans, LA

Internship: Alton Ochsner Medical Foundation Hospital, New Orleans, LA  
Residency: Internal Medicine, Alton Ochsner Medical Foundation Hospital, New Orleans, LA; Dermatology, Louisiana State University Medical Center, New Orleans, LA  
Certification: American Board of Dermatology



**Jane K. Pressler, FNP- DCNP**

*Highlands Dermatology*  
5526 Cashiers Rd. • Highlands, NC  
888-565-8828  
118 Holly Springs Park Dr. • Franklin, NC  
29 W. French Broad St., Ste. 205 • Brevard, NC

Education: University of Central Florida, Orlando, FL, BS Health Science; Barry University, Miami Shores, FL, BS Nursing; University of Alabama, Birmingham, MS Nursing

*Your skin has at least five different types of receptors that respond to pain and touch.*

**HIGHLANDS DENTAL CARE**



**CHRISTOPHER T. DYER DMD**  
**THOMAS C. JONES DDS**

**(828) 526-3513**

479 SOUTH ST. • HIGHLANDS, NC 28741

**Restorative Dentistry • Cosmetic Dentistry**  
**Cleanings and Gum Care • Whitening**  
**Implant Dentistry • Invisalign**

831732



**Currie Patterson, MD**  
*Certified by the American Board of Dermatology*

- Rebecca Manring, DNP, DCNP, FNP-C
- Daniel Webb, PA-C
- Meghan Jones, MSN, APN, DCNP

- ARRIVING AUGUST, 2024 -

**Andrew Krispinsky, MD • Mallory Krispinsky, PA-C**

Serving Western NC at 3 convenient locations:  
**Sylva:** 61 Bonnie Ln. • **Franklin:** 197 Riverview St.  
**Clyde:** 243 Jones Cove Road

**Call for an appointment today - 828-631-1852**  
[www.currentdermatology.com](http://www.currentdermatology.com)





**Lindsey Koach, FNP-C**

*Highlands Dermatology*  
5526 Cashiers Rd. • Highlands, NC  
888-565-8828  
118 Holly Springs Park Dr. • Franklin, NC  
29 W. French Broad St., Ste. 205 • Brevard, NC  
Education: University of Mary, Bismark, ND

Certification: Doctor of Nursing Practice, Family Nurse Practitioner, American Academy of Nurse Practitioners, and Dermatology Nurses Association.



**Meghan Jones, FNP**

*Current Dermatology*  
61 Bonnie Ln. • Sylva, NC  
828-631-1852  
Education: University of South Carolina (BS), Northern Illinois University (FNP)  
Certification: Dermatology Certified NP, DNPCB

Member: Society of Dermatology Nurse Practitioners, American Association of Nurse Practitioners, Society of Dermatology Physician Assistants



**Andrew J. Krispinsky, MD**

*Current Dermatology (August 2024)*  
243 Jones Cove Rd. • Clyde, NC  
828-627-9616  
Medical School: Saint Louis University School of Medicine, St. Louis, MO  
Residency & Fellowship: Ohio State University

Certification: Board Certified in Dermatology & Dermatopathology; American Board of Dermatology



**Mallory Krispinsky, PA – C**

*Current Dermatology (August 2024)*  
243 Jones Cove Rd. • Clyde, NC  
828-627-9616  
Education: Master's in Medical Science, Saint Louis University School of Medicine, St. Louis, MO  
Certification: National Commission on Certification of Physician Assistants

Member: Diplomat of the Society of Dermatology Physicians Assistants



**Rebecca Manring, DNP, DCNP, FNP – C**

*Current Dermatology*  
61 Bonnie Ln. • Sylva NC  
828-631-1852  
Education: Western Carolina University (BSN); University of South Alabama (MSN &DNP)  
Certification: American Academy of Nurse Practitioners

Member: ANA, NCNA, DNA



**Currie Patterson, MD**

*Current Dermatology*  
61 Bonnie Ln. • Sylva, NC  
828-631-1852  
Medical School: The Ohio State University  
Residency: The Ohio State University  
Certification: American Board of Dermatology - Fellow  
Hospital Affiliation: Harris Regional Hospital



**Blue Ridge Health Highlands Cashiers**  
209 Hospital Drive, #301  
Highlands, NC 28741  
(828) 482-6160  
www.BRCHS.com

**Hours:**  
Monday-Friday, 8am - 5pm  
Closed daily for lunch, 12pm - 1pm

Family Medicine, Pediatrics,  
Counseling, Nutritional Services



**Kristy Fincher**  
DO



**Julie Carpenter**  
FNP-BC

Improve Health. Inspire Hope. Advance Healing.



**Brandy E. Hicks, OD**  
Accepting New Patients  
Call today for an appointment  
**586-8080**

Comprehensive family eye care including a large selection of quality designer and economical eyewear. We also provide LASIK consultations, dry eye management, and contact lens fittings.

**Let Us Improve Your View!**



**400 East Main Street, Sylva, NC**  
Visit us @  
**www.mountainvieweyecare.net**

*"Lift up your eyes on high..." Isaiah 40:26*



**Christopher Trotter, MSPAS, PA – C**

*Highlands Dermatology*  
5526 Cashiers Rd. • Highlands, NC  
888-565-8828  
118 Holly Springs Park Dr. • Franklin, NC  
29 W. French Broad St., Ste. 205 • Brevard, NC

Education: Texas Woman’s University, Medical University of South Carolina, Charleston, SC  
Certification: National Commission on Certification of Physician Assistants; member of the American Academy of Physician Assistants and Society of Dermatology Physician Assistants



**Daniel Webb, PA – C**

*Current Dermatology*  
61 Bonnie Ln. • Sylva, NC  
828-631-1852  
Education: University of Illinois (BS); University of St. Francis (PA – C)

**EMERGENCY MEDICINE**



**Spencer Bair, MD**

*Mountain Lakes Medical Center*  
162 Legacy Point, Ste. 201 • Clayton, GA  
706-782-3100  
Hospital Affiliation: Mountain Lakes Medical Center



**Josh Linebaugh, MD**

*Mountain Lakes Physician’s Group*  
162 Legacy Point, Ste. 201 • Clayton, GA  
706-782-3100  
Hospital Affiliation: Mountain Lakes Medical Center



**Brett Manger, MD**

*Mountain Lakes Medical Center*  
162 Legacy Point, Ste. 201 • Clayton, GA  
706-782-3100  
Hospital Affiliation: Mountain Lakes Medical Center



**Keith Vrabec, MD**

*Mountain Lakes Medical Center*  
162 Legacy Point, Ste. 201 • Clayton, GA  
706-782-3100  
Hospital Affiliation: Mountain Lakes Medical Center

**FAMILY MEDICINE & PRIMARY CARE**



**Samantha Brothers, MD**

*Mission Primary Care – Franklin*  
190 Riverview St. • Franklin, NC  
828-349-6804  
Medical School: Lewis Katz School of Medicine at Temple University  
Residency: Mountain Area Health Education Center (MAHEC)

Certification: American Board of Family Medicine  
Hospital Affiliation: Angel Medical Center



**Julie Carpenter, APRN, FNP - BC**

*Blue Ridge Health – Highlands / Cashiers*  
209 Hospital Dr. #301 • Highlands, NC  
828-482-6160  
Education: Master’s of Science in Nursing, University of Tennessee – Knoxville  
Certification: American Nurses Credentialing Center; Family Nurse Practitioner



**Emily H. Crawford, FNP – BC**

*Jackson Medical Associates, PLLC*  
1188 Skyland Dr. • Sylva, NC  
828-339-2273  
Education: Western Carolina University



**Hannah Praise Caplinger, FNP-C**

*Community Care Clinic of Franklin*  
1830 Lakeside Dr., Franklin, NC  
828-349-2085  
Medical School: Western Carolina University  
Certification: American Academy of Nurse Practitioners (AANP)



**Rebecca O. Carver – FNP-C**

*Jackson Medical Associates, PLLC*  
1188 Skyland Dr. • Sylva, NC  
828-339-2273  
Education: Carson-Newman University, Jefferson City, TN  
Certification: American Academy of Nurse Practitioners



**Amanda Fernandez, DO**

*Harris Medical Associates*  
98 Doctors Dr. • Sylva, NC  
828-586-8971  
Medical School: Edward Via College of Osteopathic Medicine  
Residency: Mountain Area Health Education Center, Hendersonville, NC

*The first full-time emergency physicians emerged in 1961.*





**Kristy Fincher, MD**

*Blue Ridge Health – Highlands / Cashiers*  
209 Hospital Dr. #301 • Highlands, NC  
828-482-6160

Medical School: Edward Via College of Osteopathic  
Medicine, Carolina Campus, Doctor of Osteopathic  
Medicine (DO)

Residency: Family Medicine residency, AnMed Health

Certification: American Board of Family Medicine; American  
Academy of Family Physicians



**Michael Golightly, DO**

*Mission My Care Now – Franklin*  
190 Riverview St. • Franklin, NC  
828-369-4427

Medical School: Kansas City University of Medicine  
and Biosciences

Residency: Dwight David Eisenhower Army Medical Center

Certification: American Board of Family Medicine

Hospital Affiliation: Angel Medical Center and Highlands-Cashiers Hospital



**Lawson Hunley, DO**

*Mission Primary Care – Franklin*  
190 Riverview St. • Franklin, NC  
828-349-6804

Medical School: Lincoln Memorial University –  
Debusk College of Osteopathic Medicine

Residency: Lonesome Pine Hospital Family Medicine

Certification: Am Os BD Family physicians (Family Medicine & OMT)

Hospital Affiliation: Angel Medical Center & Highlands-Cashiers Hospital

**FRANKLIN**  
— FAMILY DENTISTRY —  
NATHAN L BRENNER, DMD, PA

*Personalized Care for the Entire Family*

Restorative & Cosmetic Dentistry • Root Canals & Extractions  
Cleanings & Whitening • Implant Restorations  
Dentures & Partials • Nitrous Oxide (Gas)  
Insurance Accepted • Financing Available

828-524-2162 • 443 Harrison Ave • Franklin, NC  
franklinfamilydental.com

# QUALITY CARE CLOSE TO HOME

From expert surgeons to advanced imaging technology, physical therapy, rehabilitation, an award-winning Emergency Department, and the Eckerd Living Center Nursing Home, Highlands-Cashiers Hospital is here for you with the care you and your family need.



## HIGHLANDS-CASHIERS HOSPITAL

190 Hospital Drive, Highlands, NC 28741 (828) 526-1200 | missionhealth.org/highlands



**Jeremy Hutson, DO**

*Harris Family Care – Franklin*  
55 Holly Springs Park Dr. • Franklin, NC  
828-349-3550

Medical School: Georgia Campus – Philadelphia  
College of Osteopathic Medicine  
Residency: Southeastern Regional Medical Center

Hospital Affiliation: Harris Regional Hospital

**David Johnston, MD**

*Swain Family Care*  
45 Plateau St. • Bryson City, NC  
828-488-4205

Medical School: The Brody School of Medicine  
at East Carolina University

Residency: Self Memorial Hospital, Greenwood, SC

Hospital Affiliation: Swain Community Hospital

**Tammy Johnston, MD**

*Swain Family Care*  
45 Plateau St. • Bryson City, NC  
828-488-4205

Medical School: The Brody School of Medicine  
at East Carolina University

Residency: Self Memorial Hospital, Greenwood, SC

Hospital Affiliation: Swain Community Hospital

**Jessica M. Jones, NP-C, MSN**

*Harris Medical Associates*  
98 Doctors Dr. • Sylva, NC  
828-586-8971

**Allison Litchfield, PA**

*Mission Community Primary Care – Cashiers*  
57 White Owl Ln. • Cashiers, NC  
828-743-2491

Certification: National Commission  
on Certification of Physician Assistants

Hospital Affiliation: Highlands-Cashiers Hospital

**Caroline E. Morris, NP – C, MSN**

*Harris Family Care – Franklin*  
55 Holly Springs Park Dr. • Franklin, NC  
828-349-3550

Education: Western Carolina University, Cullowhee, NC

**Joseph Murcko IV, DO**

*Swain Family Care*  
45 Plateau St. • Bryson City, NC  
828-488-4205

Medical School: Philadelphia College  
of Osteopathic Medicine

Residency: Mountain Area Health Education Center,  
Hendersonville, NC

Hendersonville, NC

Hospital Affiliation: Swain Community Hospital

**Brian McDonald, FNP-C**

*Mountain Lakes Physicians Group*  
162 Legacy Point, Ste. 201 • Clayton, GA  
706-782-0467

Hospital Affiliation: Mountain Lakes Medical Center

**Erin O'Connell, MSN, FNP-C**

*Mountain Advanced Practice PLLC*  
316 W. Main St. • Franklin, NC  
828-349-3333

Medical School: Western Carolina University – MSN  
Certification: American Association of Nurse Practitioners

**James Osborne, MD**

*Mission Community Primary Care – Cashiers*  
57 White Owl Land • Cashiers, NC  
828-743-2491

Medical School: Medical College of Georgia  
Residency: General Surgery – East Tennessee State  
University

Fellowship: Hand / Upper Extremity, University of Mississippi  
Medical Center, Department of Plastic Surgery

Hospital Affiliation: Transylvania Regional Hospital | Highlands-  
Cashiers Hospital

**Gregory Pittman, PA**

*Mission My Care Now – Franklin*  
190 River St. • Franklin, NC  
828-369-4427

Certification: National Commission  
on Certification of Physician Assistants

Hospital Affiliation: Angel Medical Center

**Sandra J. Roberts, WHNP-BC**

*Jackson Medical Associates*  
1188 Skyland Dr. • Sylva, NC  
828-339-2273

Education: Northeastern University; Women's Health  
– Education Professional Association with San Jose State

Certification: National Certification Corporation in

Women's Health

**Julie Rogers, MSN, FNP-C**


*Macon County Public Health*  
1830 Lakeside Dr. • Franklin, NC  
828-349-2081

University: Western Carolina University

Certification: AANP

*Family practice providers can treat babies,  
children, young adults, older adults, men,  
women, pregnant women, and the entire  
community.*





**We Spot Problems Early.**

**HIGHLANDS DERMATOLOGY**  
*Paul S. Cabiran, MD, FAAD*  
*Jane K. Pressler, FNP, DCNP*  
*Lindsey D. Koach, DNP, APRN, FNP-C*  
*Christopher Trotter MSPAS, PA-C*

AAAD

Skin Cancer Screening • Dermatologic Surgery • Acne  
 Anti-Aging Therapies • Botox • Juvederm • Rosacea • Eczema • Psoriasis

|  |                                       |   |
|--|---------------------------------------|---|
| <b>FRANKLIN</b><br>118 Holly Springs<br>Park Drive | <b>HIGHLANDS</b><br>5526 Cashiers Rd. | <b>BREVARD</b><br>29 W. French Broad St.<br>Suite 205 |
|--|---------------------------------------|---|

**888-565-8828**  
[highlandsdermatology.com](http://highlandsdermatology.com)

905491



BlueCross BlueShield  
of North Carolina

**HEALTH COVERAGE**  
you can count on




Authorized Agent  
**Mike Norris**  
**Wayah Employee Benefits™**  
 (828) 524-4442 • Franklin  
 (828) 526-3713 • Highlands  
[manorris@ebenconcepts.com](mailto:manorris@ebenconcepts.com)

- + Employer health plans  
Including health savings account (HSA) eligible plans
- + Medicare supplement plans
- + Employer, life, dental and disability plans

© Marks of the Blue Cross and Blue Shield Association. BCBSNC is an independent licensee of the Blue Cross and Blue Shield Association. U20821, 8/15

402657



**Jackson**  
Medical Associates

**PRIMARY, URGENT & WELLNESS CARE**

**Our Providers:**

Emily Crawford, FNP-BC  
 Dr. Thomas Wolf  
 Dr. Richard Dodd MD *Endocrinology*  
 Tneshia Richards FNP-C  
 Sarah B. Stallings, FNP-BC  
 Marissa Thomas FNP-C  
 Rebecca Orr Carver FNP-C  
 Sandra Roberts WHNP-BC *Women's Health*  
 Jill Langley CPNP-PC *Pediatrics*

OPEN: MONDAY - FRIDAY: 8:30 AM - 6 PM  
 SATURDAYS: 9 AM - 5 PM

**For Appointment: 828-339 CARE (2273)**  
 1188 SKYLAND DRIVE • SYLVA, NC



**ECKERD**  
LIVING CENTER  
at Highlands-Cashiers Hospital



**SKILLED NURSING FACILITY**

**Private and Semi-Private Room Options Now Available**  
**Call 828-526-1315 Today**

250 Hospital Drive, Highlands, NC 28741  
[eckerdlivingcenter.com](http://eckerdlivingcenter.com)

900249





**Angela Riccio, DO**

*Harris Family Care – Franklin*  
55 Holly Springs Park Dr. • Franklin, NC  
828-349-3550  
Medical School: Campbell University School of  
Osteopathic Medicine, Buies Creek, NC  
Residency: Moss Cone Family Residency, Greensboro, NC

Hospital Affiliation: Harris Regional Hospital



**Treshia Lea Richards, FNP-C**

*Jackson Medical Associates, PLLC*  
1188 Skyland Dr. • Sylva, NC  
828-339-2273  
Education: Southwestern Community College;  
Chamberlin University



**Blake Rudeseal, MD**

*Mission Health Center – Franklin*  
190 Riverview St. • Franklin, NC  
828-349-6800  
Medical School: Medical College of Georgia  
Residency: AnMed Health Family Medicine  
Certification: American Board of Family Medicine

Hospital Affiliation: Angel Medical Center



**Kathleen Shattenkirk, DO**

*Mission Community Primary Care – Cashiers*  
57 White Owl Ln. • Cashiers, NC  
828-743-2491  
Medical School: New York College of Osteopathic  
Medical at New York Institute of Technology  
Residency: St. Clare’s Hospital of Schenectady Prog

Certification: American Board of Family Medicine  
Hospital Affiliation: Highlands-Cashiers Hospital



**Allison Smith, MD**

*Macon County Public Health*  
1830 Lakeside Dr. • Franklin, NC  
828-349-2081  
Medical School: Medical College of Georgia, Augusta, GA  
Residency: College of Medicine, Chattanooga, TN;  
Department of Family Medicine and Erlanger Health

System  
Certification: American Board of Family Practice



**Patti Sparling, DNP, FNP**

*Mountain Advanced Practice, PLLC*  
316 W. Main St. • Franklin, NC  
828-349-3333  
Education: Western Carolina University Family Nurse  
Practitioner Program, Doctor of Nursing Practice  
Certification: American Nurses Credentialing Center



**Sarah B. Stallings, FNP – BC**

*Jackson Medical Associates*  
1188 Skyland Dr. • Sylva, NC  
828-339-2273  
Education: Western Carolina University



**Tammy Stingone, NP**

*Mission My Care Now – Franklin*  
190 River St. • Franklin, NC  
828-369-4427  
Certification: American Academy of Nurse Practitioners  
Hospital Affiliation: Angel Medical Center



**Teresa Santa Maria, NP**

*Mission Primary Care – Franklin*  
190 Riverview St. • Franklin, NC  
828-349-6804  
Hospital Affiliation: Angel Medical Center



**Marissa Thomas, FNP-C**

*Jackson Medical Associates*  
1188 Skyland Dr. • Sylva, NC  
828-339-2273  
Education: University of Toledo  
Certification: American Association of Nurse Practitioners



**CARE WITH YOU IN MIND  
CONVENIENTLY CLOSE TO HOME**

**CASHIERS**  
57 White Owl Lane  
(828) 743-2491

**HIGHLANDS**  
209 Hospital Drive  
(828) 526-4346

**missionhealth.org/primarycare**

*Primary care doctors serve as the cornerstone  
of a healthy community.*





**Patti Wheeler, MD**

*Mission Community Primary Care – Highlands*  
209 Hospital Dr. • Highlands, NC  
828-526-4346

Medical School: University of North Carolina – Chapel Hill  
Residency: MAHEC Family Medicine  
Certification: American Board of Family Medicine

Hospital Affiliation: Highlands-Cashiers Hospital

**GASTROENTEROLOGY**



**Gwen Abdulhafid, NP**

*Western Carolina Digestive Consultants, PA*  
197 Riverview St. • Franklin, NC  
828-349-3636

Education: East Tennessee State University  
Certification: American Association of Nurse Practitioners



**Charles H. Barrier, MD**

*Western Carolina Digestive Consultants, PA*  
197 Riverview St. • Franklin, NC  
828-349-3636  
26 Westcare Dr., Ste. 302 • Sylva, NC  
828-586-9200

Medical School: University of North Carolina – Chapel Hill  
Residency & Fellowship: University of Alabama, Birmingham, AL  
Certification: American Board of Internal Medicine & Gastroenterology  
Hospital Affiliation: Angel Medical Center / Highlands-Cashiers Hospital / Harris Regional Hospital



**MISSION  
MY CARE  
NOW**

**NO APPOINTMENT NECESSARY  
CARE ON YOUR SCHEDULE**

MissionMyCareNow.org

Mon – Fri 8 AM – 6 PM  
Sat 9 AM – 4 PM  
190 Riverview St.  
Franklin, NC 28734



Western Carolina  
*Digestive*  
Consultants, P.A.  
&  
*Endoscopy Center, LLC*

Providing specialty care in Gastrointestinal medicine.



Philip Stack  
MD



Charles Barrier  
MD



Philip Tanner  
MD



Randall Savell  
MD



Ricardo Perea  
MSN, ACNP



Gwen Abdulhafid  
FNP



Traci Knop  
MSN, FNP-BC

**• Franklin, NC**

197 Riverview Street, Franklin, NC 28734  
Ph: 828.349.3636  
Fx: 828.349.0311

**• Sylva, NC**

26 Westcare Drive Suite 302, Sylva, NC 28779  
Ph: 828.586.9200  
Fx: 828.586.7459



Accredited by the  
Accreditation Association for Ambulatory Health Care, Inc.

900433



**Traci T. Knop, MSN, FNP-BC**  
*Western Carolina Digestive Consultants, PA*  
 197 Riverview St. • Franklin, NC  
 828-349-3636  
 26 Westcare Dr., Ste. 302 • Sylva, NC  
 828-586-9200

Education: University of Cincinnati, Cincinnati, OH – MSN; Western Carolina University – BSN; Palm Beach State College, West Palm Beach, FL – ADN  
 Certification: American Nurses Credentialing Center  
 Hospital Affiliation: Angel Medical Center



**Ricardo J. Perea, MSN, ACNP**  
*Western Carolina Digestive Consultants, PA*  
 197 Riverview St. • Franklin, NC  
 828-349-3636  
 26 Westcare Dr., Ste. 302 • Sylva, NC  
 828-586-9200

Education: University of Florida, Gainesville, FL – MSN; Antillean Adventist University, PR – BSN  
 Certification: American Nurses Credentialing Center  
 Hospital Affiliation: Angel Medical Center / Harris Regional Hospital



**Randall Savell, MD**  
*Western Carolina Digestive Consultants, PA*  
 197 Riverview St. • Franklin, NC  
 828-349-3636

Medical School: University of Mississippi  
 Residency: Keesler Air Force Medical Center and Tulane Medical Center

Certification: American Board of Internal Medicine



**Philip E. Stack, MD**  
*Western Carolina Digestive Consultants, PA*  
 197 Riverview St. • Franklin, NC  
 828-349-3636  
 26 Westcare Dr., Ste. 302 • Sylva, NC  
 828-586-9200

Medical School: Oral Roberts University, Tulsa, OK  
 Residency & Fellowship: East Tennessee State University, Johnson City, TN  
 Certification: American Board of Internal Medicine & Gastroenterology  
 Hospital Affiliation: Angel Medical Center / Highlands-Cashiers Hospital / Harris Regional Hospital



**Philip E. Tanner, MD**  
*Western Carolina Digestive Consultants, PA*  
 197 Riverview St. • Franklin, NC  
 828-349-3636  
 26 Westcare Dr., Ste. 302 • Sylva, NC  
 828-586-9200

Medical School: University of Minnesota, Minneapolis, MN  
 Residency: Tripler Army Medical Center, Honolulu, HI  
 Fellowship: Brooke Army Medical Center, San Antonio, TX  
 Certification: Army Board of Internal Medicine in Gastroenterology  
 Hospital Affiliation: Angel Medical Center / Highlands-Cashiers Hospital / Harris Regional Hospital

## GYNOCOLOGY & OBSTETRICS



**Jennifer Blattner, MD**  
*Harris Women's Care*  
 70 The Village Overlook • Sylva, NC  
 828-631-1109

Medical School: Emory University  
 Residency: Naval Medical Center San Diego  
 Hospital Affiliation: Harris Regional Hospital



**Anne J. Karner, CNM**  
*Harris Women's Care*  
 70 The Village Overlook • Sylva, NC  
 828-631-1109

Education: Western Carolina University, Cullowhee, NC



**Rachel E. Picher, CNM**  
*Harris Women's Care*  
 70 The Village Overlook, Ste. 30 • Sylva, NC  
 828-631-1109

Education: University of North Florida School of Nursing

# SYLVA CLINICAL PSYCHOLOGY!

*Individual, Couples & Family Therapy*

*Psychological Assessments*

**Breathe  
 In.  
 Breathe  
 Out.  
 RELAX...**

*Caring for  
 the people of  
 Western  
 North Carolina  
 Since 1984*



**Call (828) 586-5555**

**MONDAY - THURSDAY**

*Sylva - Asheville - Franklin*

***sylvaclinical.com***

**Offering  
 TELEHEALTH**







## *Health Resources*

**MACON COUNTY  
PUBLIC HEALTH**

**828-349-2081**  
*maconnc.org*

**JACKSON COUNTY  
PUBLIC HEALTH**

**828-586-8994**  
*jacksonnc.org*

**SWAIN COUNTY  
PUBLIC HEALTH**

**828-488-3198**  
*swaincountync.gov*

**ANGEL MEDICAL CENTER**

**828-524-8411**  
*Missionmycarenow.org*

**HIGHLANDS CASHIERS  
HOSPITAL**

**828-526-1200**  
*Missionmycarenow.org*

**HARRIS REGIONAL  
HOSPITAL**

**828-586-7000**  
*MyHarrisRegional.com*

**SWAIN COMMUNITY  
HOSPITAL**

**828-488-2155**  
*MySwainCommunity.com*



**Marlo R. Sharp, DNP, CNM**  
*Harris Women's Care*  
 70 The Village Overlook • Sylva, NC  
 828-631-1109  
 Education: University of Texas, Arlington; Frontier Nursing University



**Ja'Pel Sumpter, MD, MPH**  
*Harris Women's Care*  
 70 The Village Overlook • Sylva, NC  
 828-631-1109  
 Medical School: Medical University of South Carolina College of Medicine  
 Residency: Duke University Medical Center  
 Hospital Affiliation: Harris Regional Hospital



**Jessica Williamson, CNM**  
*Harris Women's Care*  
 70 The Village Overlook • Sylva, NC  
 828-631-1109  
 Education: Frontier Nursing University

## INTERNAL MEDICINE



**Richard C. Dodd, MD**  
*Jackson Medical Associates, PLLC*  
 1188 Skyland Dr. • Sylva, NC  
 828-339-2273  
 Medical School: University of Chicago Pritzker School of Medicine  
 Certification: American Board of Internal Medicine



**Cheryl Galatian, PAC**  
*Community Care Clinic of Franklin*  
 1830 Lakeside Dr. • Franklin, NC  
 828-349-2085  
 Medical School: University of New England  
 Certification: NCCPA



**Thomas J. Wolf, MD**  
*Jackson Medical Associates*  
 1188 Skyland Dr. • Sylva, NC  
 828-339-2273  
 Medical School: St. George's University  
 Residency: State University of New York, Syracuse  
 Certification: American Board of Internal Medicine  
 Hospital Affiliation: Harris Regional Hospital

*Internal medicine involves trained physicians handling a broad range of medical conditions across a variety of organ systems.*

## ONCOLOGY - MEDICAL



**Trevor Austin, MD**  
*Messino Cancer Centers*  
 186 Medical Park Loop, Suite 501 • Sylva, NC  
 828-212-7026  
 Specialty: GI Tract  
 Medical School: East Carolina University, Brody School of Medicine, Greenville, North Carolina  
 Residency: A.B. Chandler Medical Center/Lexington VAMC, University of Kentucky, Lexington, Kentucky  
 Certification: Board certified in Internal Medicine, Hematology and Medical Oncology



**Christopher Chay, MD**  
*Messino Cancer Centers*  
 10 One Center Court • Franklin, NC  
 186 Medical Park Loop, Suite 501 • Sylva, NC  
 828-212-7023 | 828-212-7026  
 Specialty: Genitourinary System; lung, breast cancer  
 Medical School: University of North Carolina School of Medicine, North Carolina  
 Residency: University of North Carolina School of Medicine, North Carolina  
 Certification: Board certified in Internal Medicine, Hematology and Medical Oncology



**Eric Luk, MD**  
*Messino Cancer Centers*  
 11921 South 226 Highway • Spruce Pine, NC  
 828-212-7025  
 Specialty: Thoracic  
 Medical School: Tulane University School of Medicine, New Orleans, Louisiana  
 Residency: University of Massachusetts Chan Medical School, Worcester, Massachusetts  
 Certification: Board certified in Internal Medicine, Hematology and Medical Oncology



**Emily Miller, MD**  
*Messino Cancer Centers*  
 10 One Center Court • Franklin, NC  
 828-212-7023  
 Specialty: Breast cancer  
 Medical School: University of South Carolina School of Medicine Columbia, Columbia, South Carolina  
 Residency: Palmetto Health Richland, Columbia, South Carolina  
 Certifications: Board certified in Internal Medicine and Medical Oncology



**Mohan Thakuri, MD**  
*Messino Cancer Centers*  
 10 One Center Court • Franklin, NC  
 828-212-7023  
 Specialty: Hematological malignancies  
 Medical School: Tribhuvan University Teaching Hospital, Kathmandu, Nepal  
 Residency: State University of New York, Health Science Center, Syracuse  
 Certification: Board certified in Medical Oncology and Hematology



Accepting New Patients



## Mountain Advanced Practice PLLC Your road to health!



**PATTI SPARLING**  
DNP, FNP-BC

### OFFICE STAFF

ALEX SPARLING ..... *Administrative Assistant*  
 TAMMY GIBSON ..... *Phlebotomist*  
 KIM KLEIN ..... *Back Office*  
 ELIZABETH SEAY ..... *Back Office*  
 AMANDA LEDFORD ..... *Front Office*  
 MARCY GIBSON..... *Office Staff*  
 BROOKE CRAWFORD ..... *Office Staff*



**ERIN O'CONNELL**  
MSN, FNP-C

We are in network with most insurance plans

316 West Main Street, Franklin, NC • 828-349-3333 • Fax 828-349-3379 • [mountainadvancedpractice.com](http://mountainadvancedpractice.com)



## ANGEL MEDICAL CENTER YOUR COMMUNITY HOSPITAL

We're bringing you the latest technology and new state-of-the art patient rooms designed for your comfort, so we can continue to deliver world class care, close to home.

**imaging • labs • rehab • specialists • primary care  
stroke care • surgery • emergency department**

124 One Center Court, Franklin, NC 28734  
828-524-8411





**Do you have a Doctor's Appointment? Need a Ride?**



*We'll Take You There!*

**Macon County  
TRANSIT**  
We'll take you there!  
**828-349-2222**

ASHEVILLE • SYLVA • WAYNESVILLE • FRANKLIN

- Non-Emergency
- Physical Therapy
- Fitness Workout
- Education
- Cancer & Dialysis Treatments
- Employment
- Orthopedic
- Pharmacy
- Shopping



**macontransit.com**

818910

**Community Care Clinic**  
of Franklin, Inc.



The Community Care Clinic of Franklin, Inc. is a local, nonprofit organization that believes everyone deserves basic health care. Our mission is to provide free primary healthcare, including education and disease prevention, to low income, uninsured members of our community. We have expanded our clinic space, added new providers and added a new Medication Assistance Program.

*Se habla Español.*

For more information or to schedule an appointment, call the Clinic at (828) 349-2085.



1830 Lakeside Dr • Franklin, NC 28734  
**CommunityCareClinicFranklinNC.org**



*Through Life's  
Challenging Seasons,  
We're Here to Help*

**FOUR SEASONS**

*The Care You Trust*

**Providing Patient-Centered Serious Illness and Hospice Care to our  
Western North Carolina Community for Over 43 Years!**

**WE MAKE HOUSE CALLS! Providing care wherever you call home.**

**Request Care Today: 866.466.9734 or visit FourSeasonsCare.org**



# Plate Power



## 10 tips for healthy eating

**1.** Choose good carbs, not no carbs.  
*Whole grains are your best bet.*

**2.** Pay attention to the protein package.  
*Fish, poultry, nuts, and beans are the best choices.*

**3.** Choose foods with healthy fats, limit foods high in saturated fat, and avoid foods with trans fat. *Plant oils, nuts, and fish are the healthiest sources.*

**4.** Choose a fiber-filled diet, rich in whole grains, vegetables, and fruits.

**5.** Eat more vegetables and fruits.  
*Go for color and variety—dark green, yellow, orange, and red.*

**6.** Calcium is important.  
*But milk isn't the only, or even best, source.*

**7.** Water is best to quench your thirst.  
*Skip the sugary drinks, and go easy on the milk and juice.*

**8.** Eating less salt is good for everyone's health.  
*Choose more fresh foods and fewer processed foods.*

**9.** Moderate drinking can be healthy—but not for everyone.  
*You must weigh the benefits and risks.*

**10.** A daily multivitamin is a great nutrition insurance policy.  
*Some extra vitamin D may add an extra health boost.*



\*The Nutrition Source



**Sean Warsch, MD***Messino Cancer Centers*

186 Medical Park Loop, Suite 501 • Sylva, NC

828-212-7026

Specialty: Melanoma, head and neck, and lung cancer  
Medical School University of Miami Miller School of  
Medicine, Miami, FloridaResidency: Sylvester Comprehensive Cancer Center, Miami, Florida  
Certification: Board certified in Internal Medicine, Hematology and  
Medical Oncology**Caroline Brown, AGNP-C***Messino Cancer Centers*

186 Medical Park Loop, Suite 501 • Sylva, NC

828-212-7026

Education: Bachelor's degree in nursing at The  
University of Alabama, Master's degree in Adult/  
Gerontology Nurse Practitioner from the Vanderbilt

University School of Nursing

**Judy Phillips, DNP, FNP-BC, AOCN, CCRN***Messino Cancer Centers*

10 One Center Court • Franklin, NC

186 Medical Park Loop, Suite 501, Sylva, NC

828-212-7023 | 828-212-7023

Education: Bachelor's degree in nursing at Florida  
Atlantic University, Master's degree in nursing andFamily Nurse Practitioner Certification from the Medical University of  
South Carolina

Certification: Advanced Oncology Nurse

**Frank Killian, MD***Asheville Eyes Associates**Comprehensive Ophthalmology*

95 Holly Springs Park Dr. • Franklin, NC

828-258-1586

Medical School: Wake Forest School of Medicine

Residency: NYU and Manhattan Eye, Ear and Throat

Hospital

**John T. Krempecki, OD***Asheville Eye Associates*

95 Holly Springs Park Dr. • Franklin, NC

1196 Skyland Dr. • Sylva, NC

828-258-1586

Medical School: Pennsylvania College of Optometry

Certification: American Board of Optometry

**Michael Oswald, MD***Asheville Eye Associates*

1196 Skyland Dr. • Sylva, NC

95 Holly Springs Park Dr. • Franklin, NC

828-258-1586

Medical School: Louisiana State University Medical  
School

Residency: Sinai Hospital, Baltimore, Maryland

Certification: American Board of Ophthalmology

**OPTOMETRY & OPHTHALMOLOGY****Rachel Davis, OD***Asheville Eye Associates*

1196 Skyland Dr. • Sylva, NC

828-258-1586

Medical School: Indiana University

Certification: American Board of Optometry

**Brandy E. Hicks, OD***Mountain View Eye Care*

400 East Main St. • Sylva, NC

828-586-8080

Medical School: University of Alabama at Birmingham,  
Birmingham, AL

Residency: Vision America, Nashville, TN

Certification: North Carolina State Board of Examiners in Optometry

**Daryl Gossett, OD***Family Eyecare Professionals*

498 West Main St. • Franklin, NC

828-524-5044

Medical School: Southern College of Optometry, Memphis, TN

Certification: North Carolina State Board of Examiners  
in OptometryMemberships: American Optometric Association; North Carolina State  
Optometric Society

825051

**Family**  
EYECARE PROFESSIONALS

**DRS. DARYL GOSSETT & CATHERINE WARD**

**NOW ACCEPTING NEW PATIENTS**

**Cataract, Retinal Surgery Consultations Available On-Site**

**Most Insurance Plans Accepted**

**FAMILY EYECARE PROFESSIONALS**

Gossett & Ward, Optometrists, P.A.  
498 West Main Street • Franklin, NC  
Mon - Thur • 7:30 am - 5:30 pm  
**(828) 524-5044**

**Small Town Compassion - Big City Care**





**Catherine Ward, OD**  
*Family Eyecare Professionals*  
 498 West Main St. • Franklin, NC  
 828-524-5044

Medical School: Southern College of Optometry, Memphis,  
 TNCertification: North Carolina State Board of  
 Examiners in Optometry

Memberships: American Optometric Association; North Carolina State  
 Optometric Society



**Thomas Tatham, OD**  
*Asheville Eye Associates*  
 1196 Skyland Dr. • Sylva, NC  
 828-258-1586

Medical School: Southern College of Optometry, Memphis, TN

## ORTHOPAEDICS



**Douglas Gates, MD**  
*Harris Orthopaedics and Sports Medicine*  
 80 Healthcare Dr., Ste. 203 • Sylva, NC  
 828-586-5531

Medical School: University of North Carolina at  
 Chapel Hill, School of Medicine

Residency: University of North Carolina Health System

Hospital Affiliation: Harris Regional Hospital



**Asheville  
eye  
Associates**

Here for all your eye  
 care needs.  
 Celebrating  
 62 years  
 of eye care  
 excellence in  
 Western North  
 Carolina

Call us today to schedule your next  
 eye exam  
 828.258.1586 | ashevilleeye.com



**Macon County  
Public Health**

## Available Services

- Family Planning
- Breast & Cervical Cancer Prevention
- STI Prevention/Testing
- School Health
- Laboratory Services
- Primary Care
- Immunizations
- Maternal/Child Health Services
- International Travel Appointments
- Communicable Disease
- WIC
- School Based Health Center (Telehealth)
- Care Management for At-Risk Children
- Care Management for High Risk Pregnancy
- Environmental Health
- Animal Services
- Child Dental

Call 828-349-2081 to schedule an appointment • [www.maconnc.org](http://www.maconnc.org)



ENGLISH



1-800-QUIT-NOW



ESPAÑOL



**Mark Moriarty, MD**

*Mission Orthopedics and Sports Medicine – Franklin*  
190 Riverview St. – Franklin, NC  
828-349-8260

Medical School: Georgetown University School of Medicine  
Residency: Orthopedic Surgery at Monmouth Medical Center

Certification: Am Os Bd Orthopedic Surgery  
Hospital Affiliation: Angel Medical Center

**Joshua D. Patton, DO**

*Harris Orthopaedics and Sports Medicine*  
80 Healthcare Dr., Ste. 203 • Sylva, NC  
828-586-5531

Medical School: University of South Florida College of Medicine

Residency: Internal Medicine at Primary Care Track, Gainesville, FL; Doctor of Osteopathic Medicine, Lake Erie College of Osteopathic Medicine, Bradenton, FL

**Ryan Slechta, MD**

*Harris Orthopaedics and Sports Medicine*  
80 Healthcare Dr., Ste. 203 • Sylva, NC  
828-586-5531

Medical School: University of North Carolina at Chapel Hill, School of Medicine

Residency: UNC Hospitals Orthopaedic Surgery

Residency  
Hospital Affiliation: Harris Regional Hospital

**John Songer, MD**

*Harris Orthopaedics and Sports Medicine*  
80 Healthcare Dr., Ste. 203 • Sylva, NC  
828-586-5531

Medical School: Thomas Jefferson University, Medical College

Residency: Orlando Regional Medical Center, Orlando, FL

Hospital Affiliation: Harris Regional Hospital

**Luke Stockdale, PA**

*Mission Orthopedics & Sports Medicine – Franklin*  
190 Riverview St. • Franklin, NC  
828-349-8260

*Mission Orthopedics & Sports Medicine – Highlands*  
209 Hospital Dr. • Highlands, NC  
828-526-4346

Certification: National Committee of Certification of Physician Assistants  
Hospital Affiliation: Angel Medical Center & Highlands-Cashiers Hospital

*Orthopaedic surgeons are devoted to the prevention, diagnosis, and treatment of disorders of the bones, joints, ligaments, tendons and muscles. Some orthopaedists are generalists, while others specialize in certain areas of the body, such as hip, knee, foot, and ankle.*

## OTOLARYNGOLOGY

**Paige Snow Brinke, MS, PA-C**

*Mountain Ear, Nose & Throat Associates, PA*  
4451E. US Hwy 64 Alt. • Murphy, NC  
828-835-1014

Education: University of NC, Chapel Hill; George Washington University, Washington, DC

Certification: National Commission on Certification of Physician Assistants

**John E. Buenting, MD**

*Mountain Ear, Nose & Throat Associates, PA*  
38 The Village Overlook • Sylva, NC  
828-586-7474

166 Holly Springs Park Dr. • Franklin, NC  
828-524-5599

4451 E. US Hwy 64 Alt. • Murphy, NC  
828-835-1014

Medical School: Tulane School of Medicine, New Orleans, LA

Residency: University of North Carolina, Chapel Hill

Certification: American Board of Otolaryngology

Hospital Affiliation: Harris Regional Hospital / Angel Medical Center

**Kristen Brooks, PA-C**

*Mountain Ear, Nose & Throat Associates, PA*  
38 The Village Overlook • Sylva, NC  
828-586-7474

166 Holly Springs Park Dr. • Franklin, NC  
828-524-5599

Education: Western Carolina University, University of North Carolina, Chapel Hill

Certification: National Commission on Certification of Physician Assistants

**Keith Jackson, MD**

*Mountain Lakes Physicians Group*  
162 Legacy Point, Ste. 201 • Clayton, GA  
706-782-0478

Medical School: Medical College of Georgia

Residency: Emory University

Certification: American Academy of Otolaryngology,

Head and Neck Surgery

Hospital Affiliation: Mountain Lakes Medical Center

**Shawn D. Kosnik, DO**

*Mountain Ear, Nose & Throat Associates, PA*  
38 The Village Overlook • Sylva, NC  
828-586-7474

166 Holly Springs Park Dr. • Franklin, NC  
828-524-5599

4451E. US Hwy 64 Alt. • Murphy, NC  
828-835-1014

Medical School: Michigan State University College of Osteopathic Medicine, East Lansing, MI

Residency: Bureau of Medicine and Surgery, United States Navy

Certification: American Board of Otolaryngology

Hospital Affiliation: Harris Regional Hospital / Angel Medical Center



# MOUNTAIN LAKES MEDICAL CENTER

Your hometown hospital committed to excellence.

## SERVICES

Emergency Services  
Outpatient Infusion Center  
Pain Clinic  
...and more

MRI, CT, X-ray  
Laboratory  
ENT

Outpatient Physical Therapy  
Diagnostic Imaging  
Swing Bed therapy

Ultrasound  
Surgery Center  
Quick Care Clinic



## CONTACT

Phone: Main 706.782.3100 / Scheduling 706.782.0464 / Fax: 866.982.0609

## CONNECT

[mountainlakesmedicalcenter.com](http://mountainlakesmedicalcenter.com)



# Medicare got you asking questions? SHIIP has answers.

As part of the North Carolina Department of Insurance, the **Seniors' Health Insurance Information Program (SHIIP)** has experts specially trained to answer your Medicare questions and to help you with other insurance issues important to seniors, such as:

- selecting a Medicare prescription drug plan
- comparing Medicare Advantage plans
- choosing a Medicare Supplement plan
- preventing Medicare billing fraud and abuse



**SHIIP**  
NC DEPARTMENT OF  
**INSURANCE**  
MIKE CAUSEY COMMISSIONER

Crawford Senior Center • 108 Wayah Street • Franklin, NC 28734  
(828) 349-2059 • M-F 8:00am-5:00pm • Karen Robbins

 **855-408-1212**

 **[www.ncshiip.com](http://www.ncshiip.com)**

818885



**Robin Pope, PhD, PA-C**  
*Mountain Ear, Nose & Throat Associates, PA*  
 38 The Village Overlook • Sylva, NC  
 828-586-7474  
 166 Holly Springs Park Dr. • Franklin, NC  
 828-524-5599

University: NC State University; Duke University

Certification: National Commission on Certification of Physician Assistants



**Natalie R. Steinbicker, PA – C**  
*Harris Pediatric Care*  
 98 Doctors Dr. • Sylva, NC  
 828-586-9642  
 Education: Wingate University, Hendersonville, NC  
 Hospital Affiliation: Harris Regional Hospital

## PAIN MANAGEMENT



**Jerry Spivey, MD**  
*Mountain Lakes Medical Center*  
 162 Legacy Point, Ste. 201 • Clayton, GA  
 706-782-3100  
 Hospital Affiliation: Mountain Lakes Medical Center

## SURGERY - GENERAL



**Zachary Phillips, MD**  
 190 Riverview St., Franklin, NC  
 828-349-8260  
 Medical School: East Carolina University  
 Residency: General Surgery – Danbury Hospital,  
 Western Connecticut Health Network  
 Master of Surgery Fellowship – OHSU at Columbia  
 Memorial Hospital, Astoria, OR and Adventist Hospital, Portland, OR  
 Hospital Affiliation: Angel Medical Center

## PEDIATRIC CARE



**Justine C. Kastle, PA**  
*Harris Pediatric Care*  
 98 Doctors Dr. • Sylva, NC  
 828-586-9642

## PHYSICAL THERAPY



**Kimberly M. Hawes, PTA**  
*Angel Medical Center Outpatient Rehab*  
 834 Depot St. • Franklin, NC • 828-369-4171  
 Physical Therapy School: Western Carolina University



**Jill Langley**  
*Jackson Medical Associates*  
 1188 Skyland Dr. • Sylva, NC  
 828-339-2273  
 Education: University of South Florida



**Justin C. Moore, PT, DPT, NCS**  
*Angel Medical Center Rehab (manager)*  
 834 Depot St. • Franklin, NC • 828-369-4171  
 Physical Therapy School: Northwestern University  
 Certification: Neurological Certified Specialist



**Carmen Nations, MD**  
*Harris Pediatric Care*  
 98 Doctors Dr., Ste. 30 • Sylva, NC  
 828-586-9642  
 Medical School: University of Utah School of Medicine  
 Residency: East Tennessee State University Pediatrics  
 Hospital Affiliation: Harris Regional Hospital



**Emily M. Schaul, PT, DPT**  
*Angel Medical Center*  
 124 One Center Court • Franklin, NC • 828-369-4171  
 Physical Therapy School: Western Carolina University



**Brittany P. Rogers, FNP – C**  
*Harris Pediatric Care*  
 98 Doctors Dr., Ste. 30 • Sylva, NC  
 828-586-9642  
 Education: Western Carolina University School of Nursing  
 Hospital Affiliation: Harris Regional Hospital

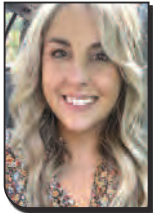


**Ian B. Youmans, PT, DPT**  
*Angel Medical Center Outpatient Rehab*  
 834 Depot St. • Franklin, NC  
 828-369-4171  
 Physical Therapy School: Western Carolina University

*There are numerous types of physical therapy. Examples include: orthopedic, acute care, post-operative care, cardiovascular and pulmonary rehab, lymphedema management, wound care, and neurologic rehabilitation.*



## PSYCHOLOGY



**Bianca Aufiero, LCSW**  
*Sylva Clinical*  
 70 Westcare Dr., Ste. 402 • Sylva, NC  
 828-586-5555  
 Education: Western Carolina University



**Anna Clark, LCMHC**  
*Sylva Clinical*  
 70 Westcare Dr., Ste. 402 • Sylva, NC  
 828-586-5555  
 Education: University of West Georgia



**Thuy Do, LCMHC**  
*Sylva Clinical*  
 70 Westcare Dr., Ste. 402 • Sylva, NC  
 828-586-5555  
 Education: Lynchburg College



**Katie Dewhurst, MA, LCMHC**  
*Sylva Clinical*  
 70 Westcare Dr., Ste. 402 • Sylva, NC  
 828-586-5555  
 Education: Western Carolina University, Bible  
 Certificate Columbia International University;  
 Richmond Graduate University

## OCCUPATIONAL THERAPY



**Andrew S. Baldwin, OTR/L**  
*Angel Medical Center*  
 124 One Center Court • Franklin, NC  
 828-369-4171  
 Occupational Therapy School: Milligan University



**Gwendolyn A. Gibson, COTA**  
*Angel Medical Center Outpatient Rehab*  
 834 Depot St. • Franklin, NC  
 828-369-4171  
 Education: Southwestern Community College  
 Certifications: Occupational Therapist Assistant

*The current human brain size has decreased by 10% compared to the size of Neanderthals.*



**BlueCross BlueShield  
of North Carolina**

# HEALTH COVERAGE you can count on



Authorized Agent  
**Jeff Cloer**  
**Wayah Insurance Group®**  
 (828) 524-4442 • Franklin  
 (828) 526-3713 • Highlands  
 cloer@wayah.com

- + Individual health plans
- + Health savings accounts (HSA)
- + Medicare supplement insurance
- + Dental plans for individuals, seniors and groups

© Marks of the Blue Cross and Blue Shield Association. BCBSNC is an independent licensee of the Blue Cross and Blue Shield Association. U20821, 8/15

900376



## AFFORDABLE TRANSPORTATION

- CANCER & DIALYSIS TREATMENTS
- EDUCATION
- EMPLOYMENT
- MEDICAL APPOINTMENTS
- NON EMERGENCY
- PHARMACY
- GROCERY STORE



**AND MORE!**

 **828.488.3213**

 **SWAIN PUBLIC TRANSIT**

 **STATEOFFRANKLIN.ORG/TRANSIT**



900244



**Rebecca L. Harrold, OTR/L**  
*Angel Medical Center Outpatient Rehab*  
 834 Depot St. • Franklin, NC  
 828-369-4171  
 Occupational Therapy School: Wayne State University

## SPEECH PATHOLOGY



**Nancy R.B. Rogers, MS, CCC-SLP**  
*Angel Medical Center*  
 124 One Center Court • Franklin, NC  
 828-369-4171  
 Speech Therapy School: Western Carolina University  
 Certification: ASHA Certificate of Clinical Competency



**Dana L. Cole, MS, CCC-SLP**  
*Angel Medical Center Outpatient Rehab*  
 834 Depot St. • Franklin, NC  
 828-369-4171  
 Speech Therapy School: Indiana State University  
 Certification: ASHA Certificate of Clinical Competency

## HOSPICE & PALLIATIVE CARE

**Four Seasons Compassion For Life - The Care You Trust**  
 171 Hospital Dr. • Jane Woodruff Clinic, Ste. 600 • Highlands, NC  
 828-526-2552  
[FourSeasonsCFL.org](http://FourSeasonsCFL.org)

## SHORT - LONG TERM CARE

**Eckerd Living Center**  
 250 Highlands Dr. • Highlands, NC  
 828-526-1315  
[eckerdlivingcenter.com](http://eckerdlivingcenter.com)

**Skyland Care Center**  
 193 Asheville Hwy • Sylva, NC  
 828-586-8935  
 Providing long / short-term rehabilitation needs to the area since 1974.  
 Nursing care 24/7.  
 Accepting: Medicare, Medicaid, VA, private pay, BC/BS, and other major insurance.

**Skyland Terrace**  
 516 Wall St. • Waynesville, NC  
 828-452-3154  
 Providing long/short-term rehabilitation needs to the area.  
 Nursing care 24/7.  
 Accepts Medicare, VA, private pay, BC/BS and other major insurance.

## MEDICAL INSURANCE

**Corbin Agency**  
*Kevin Corbin / Beth Corbin / Kim Corbin*  
 Courthouse Plaza • Franklin, NC  
 828-524-7799 • 800-262-1366  
[www.thecorbinagency.com](http://www.thecorbinagency.com)

- Individual & Group Health Insurance
- Medicare Supplement Plans
- Dental Coverage
- Life & Disability Coverage
- Consumer-Dr. Health Plans

**Wayah Insurance Group**  
*Jeff Cloer & Mike Norris*  
 295 East Palmer St. • Franklin, NC  
 828-524-4442 • 800-999-2924  
[www.wayah.com](http://www.wayah.com)

- Individual Health Insurance
- Group Health Insurance
- Medicare Supplements
- Disability Income Insurance
- Critical Illness Insurance
- Long Term Care Insurance

## MEDICAL SERVICES

**Community Care Clinic of Franklin**  
 1830 Lakeside Dr. • Franklin, NC  
 828-349-2085  
 Providing free medical care for un/under insured residents in Macon County.  
[CommunityCareClinicFranklinNC.org](http://CommunityCareClinicFranklinNC.org)

**Macon County Public Health**  
 1830 Lakeside Dr. • Franklin, NC  
 828-349-2437  
[maconnc.org](http://maconnc.org)

## SERVICES

**Macon County Transit**  
*Non-emergency transportation service*  
 828-349-2222  
[macontransit.com](http://macontransit.com)

**Macon County Senior Services**  
*Community Resource Center*  
 108 Wayah St. • Franklin, NC  
 828-349-0211

**Swain Public Transit**  
*Affordable transportation service*  
 828-488-3213  
[stateoffranklin.org/transit](http://stateoffranklin.org/transit)





 BlueCross BlueShield  
of North Carolina

## WHY CHOOSE BLUE?

Coverage, flexibility and service.

We are the most preferred health insurer.<sup>1</sup>

**Call today to find the right plan for you!**



**THE CORBIN AGENCY**

**KEVIN CORBIN**

**(828) 524-7799**

**(800) 262-1366**

[www.thecorbinagency.com](http://www.thecorbinagency.com)

<sup>1</sup> Brand Tracking and Image Study, March 2018. Maru Group.  
© Marks of the Blue Cross and Blue Shield Association. Blue Cross and Blue Shield of North Carolina is an independent licensee of the Blue Cross and Blue Shield Association. U11261a, 7/18

828522

**Serving Western North Carolina at TWO Locations!**



**SYLVA, NC**

**828-586-8935**

**193 Asheville Hwy.**

[www.skylandcarecenternc.com](http://www.skylandcarecenternc.com)



**WAYNESVILLE, NC**

**828-452-3154**

**516 Wall Street**

[www.skylandterrace.com](http://www.skylandterrace.com)

**Providing all of your Long/Short Term Nursing and Rehab Needs**





*THANK YOU*  
*DOCTORS AND NURSES*





# ▲ **TOP -TO- BOTTOM** ▼

## Local News Coverage

*From school schedules and community resources to shopping and dining updates, local pandemic coverage and event developments, surround yourself with the trusted and accurate news and information that matters most to you.*

**Support Your Local Newspaper  
and Stay Connected.**

**The Franklin Press** – Franklin, NC  
[thefranklinpress.com](http://thefranklinpress.com)

**The Highlander** – Highlands, NC  
[highlandsnews.com](http://highlandsnews.com)

**Smoky Mountain Times** – Bryson City, NC  
[thesmokymountaintimes.com](http://thesmokymountaintimes.com)

**Sylva Herald** – Sylva, NC  
[thesylvahearl.com](http://thesylvahearl.com)











LIVE Your  
Healthiest LIFE

Family reunions. School pageants. The smell of pancakes in the morning. This is life.

Life can also be a sports injury, a sudden chest pain, or an illness that takes you by surprise. We're here for those moments in life when all you want to do is get back to the things that matter most. With expertise, technology and compassion we provide care and services that repairs bones, mend hearts, and help you spend more years with the ones you love.

We're doctors, nurses and caregivers who are dedicated to you and the community you love. Dedicated to making sure you live your healthiest life.

See what it means to live your healthiest life at [MyHarrisRegional.com](https://www.MyHarrisRegional.com)

**HARRIS**  
REGIONAL HOSPITAL

A Duke LifePoint Hospital